

the collegian

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ESPN president, panel talk NCAA in Landon Lecture

Panelists address major questions on college athletics, conference realignments and ESPN

BY SHELTON BURCH
THE COLLEGIAN

The 164th Landon Lecture featured questions from audience members to a panel that included ESPN president John Skipper in McCain Auditorium Wednesday night.

The panel also included recently retired University of Texas athletic director Deloss Dodds; Big XII Conference Commissioner Bob Bowlsby; and K-State President Kirk Schulz, who serves as one of 19 members of the NCAA Executive Committee.

Audience members said they liked how open and straightforward the panel seemed.

"I liked hearing how direct they were in answering [the questions]," said Caden Laptad, freshman in applied mathematics and secondary education. "A lot of times I feel like it gets really political, so it was great that there was just the natural,



PARKER ROBB | THE COLLEGIAN

Dr. John Skipper, president of ESPN, explains why he thinks cable companies and their subscriptions aren't going away in favor of a la carte pricing schemes because it results in the end consumer paying more for only a few channels during the 164th Landon Lecture held in McCain Auditorium Wednesday evening.

"here's how we feel," "here's what we're thinking."

Hunter Harrison, freshman in finance and entrepreneurship, said he appreciated how candid the panelists were, as opposed to other press conferences where the panel might have faced more standard, expected questions.

"I think here, too, they're not under the public eye as much," Harrison said. "Obviously through K-State, but it's not like they're going to get hammered for what they say."

Sophomore in finance and accounting Matt Millar also said that the panel's bluntness and honesty

helped make the connection with the speakers more personal.

"If they're in a press conference, that's just like they're showing face to the public," Millar said, "whereas this is almost like a teaching experience to them."

CONTINUED ON PAGE 6,
"LANDON"

By LAURA MEYERS
THE COLLEGIAN

The local Sunset Zoo is welcoming a new addition to the the Australia Walkabout Trail family. Alongside the emu exhibit and Australian Aviary, the wallaby family will soon be one more in number. A joey wallaby was born to its parents, Mirri and Burnam roughly six months ago.

Wallabies look like small kangaroos and, like kangaroos, are marsupials. The joey has been developing in its mother's pouch since birth, but has recently been poking its head out, and should be making its full debut soon. Because the joey is still living inside the mother's pouch, the gender of the youngster remains unknown at this time.

"We're waiting until we know the gender of the joey before we name

it," said Ella Casey, marketing and development officer. "Last February, when we had a baby chimp, we held a name contest that was open to the public and we're thinking about doing that again (for the joey)."

The joey and its parents are Bennett's Wallabies, native to southeastern Australia and Tasmania. This is not the pair's first offspring. This particular wallaby pair has had two other male joeys in past years, one of which was transported to another zoo. There are currently five adult wallabies living along the Australia Walkabout Trail, in addition to the new joey.

"They (the adult wallabies) don't really seem to react to any changes in their group dynamics. I think welcoming the joey will be business as usual.

I'm not sure that they really mind," said Courtney Pineau-Gaynor, Sunset

Zoo animal keeper.

The wallaby family normally puts on an easy-going show for zoogoers, she said.

"On a typical day, they're just going to be lounging about," Pineau-Gaynor said. "They're most active in the morning and in the evening. If it's hot, they'll then spend most of their day laying around in the sun. They're pretty calm for the most part."

The Australian Walkabout trail is known to attract more visitors than other exhibits because visitors can walk directly through the animals' living space, which is not fenced off from the zoo patrons and the wallabies' habitat in particular.

One visitor, Andrew, visited the zoo on Tuesday with his young daughter Penny.

"She normally thinks the wallabies are dogs," Andrew said, to which Penny replied, "Woof woof!"

It is almost time for

CONTINUED ON PAGE 3,
"JOEY"

A joey wallaby (in pouch) was born at the Sunset Zoo six months ago. Currently, zoo keepers don't know if it is a male or a female because it hasn't emerged from its mother's pouch yet.

EMILY DESHAZER | THE COLLEGIAN

Question of the Day

"Were you able to enroll in your classes on-time? Why or why not?"

Look for the opinion page tomorrow to see how K-Staters responded.

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collegian
MEDIA GROUP

Friday:



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Saturday:



High: 62 °F
Low: 42 °F

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SOCIAL MEDIA

WEATHER



3 Spring storm strikes Wednesday evening

4 Final Four team debate



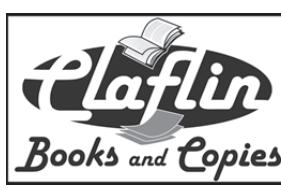
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- 5 Total
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- 12 Smell
- 13 "— picture
- 14 Big rig
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Manhattan's Tallgrass Brewery to undergo local expansion

By MIKE STANTON
THE COLLEGIAN

Tallgrass Brewing Company, a local brewery that distributes a variety of beers and ales to 13 states in the midwest and the south, is preparing to expand its operations in two directions.

Last month, Tallgrass announced plans to open a brew pub downtown on Poyntz Avenue that will feature a small, in-house brewery and a full service restaurant. Additionally, the company announced last week their acquisition of a 60,000-square-foot facility near the Manhattan Regional Airport, which it intends to convert into a brewery. Jeff Gill, president and founder of Tallgrass, said the facility will soon be home to all of the company's operations.

"This is going to allow us to brew a lot more beer, different kinds of beer and better quality," Gill said. "We're really putting on our big boy pants in the craft beer market right here in Manhattan."

Gill said he expects the project to be done in time to move in and "get beer bubbling" sometime this winter. This will allow brewers to have a chance to get used to the new equipment and hone their skills before the busy period in the spring and summer. According to Gill, the expansion will create an estimated additional 18 to 22 local jobs over the next three years, and as many as 40 over the next decade.

The move may only be the first step in a long term plan that sees Tallgrass develop into a national, and even international, distributor. Gill said he sees ample opportunities in the fast-growing craft beer market, and he doesn't want to limit his company's horizons.

"If we feel like we can do something, we'll go after it," Gill said.

Local entrepreneur Dave Dreiling, who bought a start-up shirt company in 1989

that catered to Greek students and grew it into international apparel powerhouse GTM Sportswear, describes Tallgrass as "the poster child for what entrepreneurship can be."

Dreiling praised the acquisition of the property near the airport, a former call center that sits on nine acres of land, as a savvy move. He estimated that it would cost upwards of \$6 million to build a similar facility from the ground up, and said he thinks it's "wonderful" that Gill was able to find the structure. According to a press release from Tallgrass, the project, which will be overseen by brewery design specialists from the Neenan Company of Fort Collins, Colo., has a total price tag of \$5 million.

Gill said his team would strive to be creative in the lines they release at the new facility. One variety they're specifically interested in is a Russian Imperial Stout. Gill is also interested in experimenting with sours, which he says are somewhat of a misnomer in that they have a tart flavor, not in that they've spoiled or gone bad. Sours have recently begun to gain more traction in the United States, he said.

Dreiling said he is confident in Gill and his team's ability to one day reach their goal of national and international distribution. He describes Gill as a smart, hard-working visionary, and he believes the increasingly globalized society we live in will make it easier for him to continue to expand.

"Manhattan is an amazing community, but we need more stories like this," Dreiling said. "From an employment perspective, we're so government based, with Fort Riley, K-State, and city and county government. We need more private employers like Jeff that can step up and create jobs."

Blazing skies: the beginning of April showers



GEORGE WALKER | THE COLLEGIAN

Lightning flashes across the sky southwest of Manhattan during the thunderstorm that hit last night.



EMILY DESHAZER | THE COLLEGIAN
Burnam, father of the new joey, hops away in the Australian exhibit at the Sunset Zoo on Tuesday. Burnam and Mirri, the mother, have had two other boys.

JOEY | Little hands emerging

CONTINUED FROM PAGE 1

the joey to reach the point of full maturity, in which it can do normal activities independently from its mother. Zookeeping staff and patrons have been able to get glimpses of the joey recently.

"He's out on a regular basis now," Pineau-Gaynor said. "I spent weeks watching her pouch move and roll, waiting for that first peek of the baby's head. But, the joey does spend a good amount of time with at least his head out of the pouch. He's using his hands to grab leaves and grass, and kind of starting to explore things."

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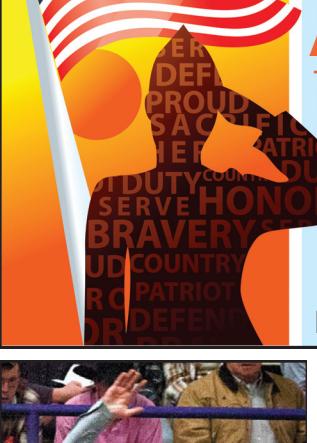
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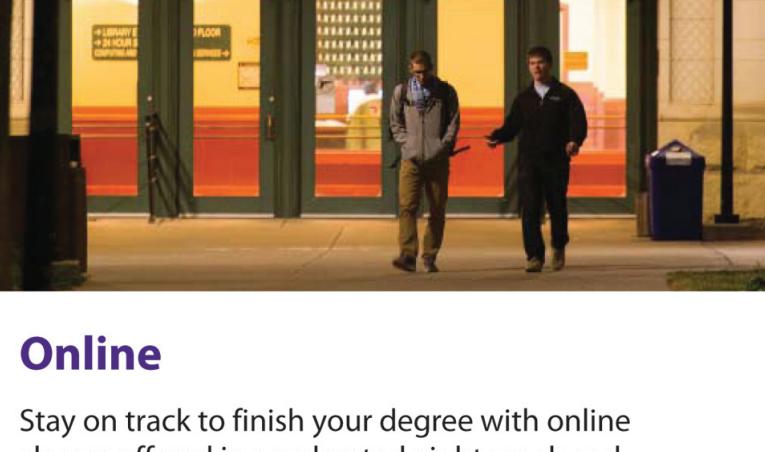
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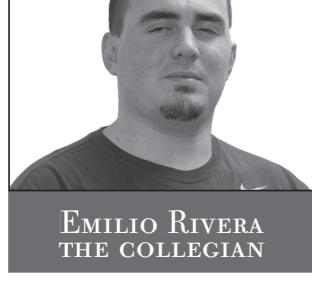
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Final Four face off



UConn not done yet: Look for two more upsets from the Huskies



EMILIO RIVERA
THE COLLEGIAN

After upsetting No. 2 Villanova, No. 3 Iowa State, and No. 4 Michigan State on their way into the Final Four, the University of Connecticut Huskies are looking to add two more upsets to their list as they aim to win the National Championship.

The Huskies (30-8) aim to topple the overall No. 1 team in the tournament, and the last No. 1 seed remaining in the tournament, Florida (36-2) on Saturday, then to take on the winner of the No. 2 Wisconsin and No. 8 Kentucky on Monday in the national championship game in AT&T Stadium.

In their first meeting earlier this season, the then No. 12 Huskies beat the then No. 15 Gators 65-64. Senior guard Shabazz Napier put in the game winning basket off of his own rebound to give the Huskies the win.

The reason that the Huskies are in this position is because of the play of Napier. In the game against the Gators, Napier went 5 of 8 from behind the arc, having 26 points for his team.

Napier leads the team in most statistical categories, including points per game, rebounds per game, and steals. Averaging over 18-points per game, Napier can turn the tide on any team.

What sets Napier apart, and gives his

team the edge, is his ability to pass the ball when teams try to stifle him. With 186 assists on the season, Napier ranks 30th in the nation in total assists. When a team thinks they have Napier contained, he swings the ball to one of many open teammates for the easy basket.

The Huskies also have an impressive presence in the paint on defense because of their size in the front court. Freshman center Amida Brimah and junior forward Dean-dre Daniels combine for an average of 3.76 blocks per game. As a team, the Huskies rank 16th in blocked shots per game, which helps the Huskies hold teams to an impressive average of 63.7 points per game.

The supporting cast of Daniels and junior guard Ryan Boatright average 13 and 12 points apiece to help the Huskies space the floor on offense. Without their production, opposing teams could easily guard and frustrate Napier, but with the production Napier has alternatives to help his team score in different ways.

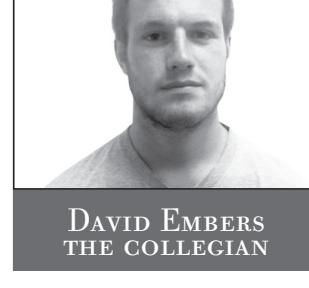
Not many teams have as many choices that have three or four years of experience as the Huskies do. This team, because of the experience and leadership of the starting five, can face adversity in the face and beat anyone on any give day. They know how to impose their presence around the arc or in the paint on offense, which creates many scoring opportunities.

On Monday, when the dust of the National Championship falls, look for the Huskies to have claimed their fourth national championship, their first championship since 2011. Napier, Daniels, and Boatright will have cut down the net, and the first national title since the Jim Calhoun era.

Emilio Rivera is a freshman in journalism. Please send comments to sports@kstatecollegian.com



Badgers poised to win Championship with consistent, reliable game play



DAVID EMBERS
THE COLLEGIAN

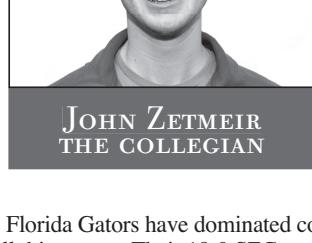
Ryan's tutelage, Brust averages 13 points per game, shoots 89 percent from the free throw line and almost never makes mistakes. He is a perfect player in Ryan's system, and a big reason why Wisconsin is battling for the National Championship. Bo Ryan and his staff recruit tough kids who play the right way and let them mature within the system. Another great example of this is junior Frank Kaminsky. The Illinois native stands at 6 feet 10 inches, and has developed into one of the toughest players to guard in the country. Kaminsky has shown the ability to stretch the floor with his jumper, but can also score on the block. He is versatile, smart and efficient, evidenced by Kaminsky's other collegiate offers: DePaul, Bradley, Northern Illinois, Southern Illinois and Northwestern. He was overlooked and unheralded, and now he is making a huge impact on one of the best teams in the country. He is Wisconsin basketball.

Most experts would probably agree that Wisconsin is the least talented team of the four headed to North Texas. Kentucky, Florida, and UConn all have prized recruits, superior athleticism and NBA-ready players. But the Badgers are used to that. Bo Ryan and his players are accustomed to being outmatched and coming out on top. It has been the storyline all season, and will likely continue during the Final Four. Everyone will pick against Wisconsin, and that will be just fine. The Badgers will go about their business, paying attention to things like defensive rotations and boxing out. They won't posterize anyone or break any ankles. They will leave the highlights for other teams and play the way Bo Ryan taught them. They won't be the favorite to win it all, but in this tournament, where consistency is paramount, they will likely prevail.

David Embers is a junior in biology. Please send comments to sports@kstatecollegian.com



Florida clearly superior team remaining in tournament field



JOHN ZETMEIR
THE COLLEGIAN

The Florida Gators have dominated college basketball this season. Their 18-0 SEC regular season record speaks for itself. Florida has one of the most experienced and balanced teams in recent years that have made it to the Final Four. That balance and experience will help guide them to their first NCAA title since 2007.

When you look at the Gators' roster, there might not be that one guy who jumps off the page as far as an NBA prospect goes. Plenty of Gators will likely get a shot to play at the next level, but NBA general managers who have a lottery pick in the upcoming draft will likely not be using it on a Gator. In a weird turn of events, that is something that benefits Florida. Four of the starters for Florida average double-digit scoring figures per game. Leading the way is senior forward Casey Prather. The senior averages just under 14 points and five rebounds per game.

The Gators' most important player has been senior point guard Scottie Wilbekin, the 2014 SEC player of the year. Wilbekin has taken his knocks as a Gator, but he continues to make plays for coach Billy Donovan's squad when they need them the most.

The SEC was labeled a weak conference this

season, only sending three teams to the NCAA tournament. All three of those teams, Florida, Kentucky and Tennessee, made it to the Sweet 16. Florida went 6-0 combined this season against those teams, and now the Kentucky Wildcats are on the other side of the bracket in the Final Four along with Florida. The Gators beat the Wildcats by an average of 10 points per game this season. The most recent was in the SEC tournament championship when Kentucky had the opportunity to stun the Gators but couldn't even get a shot off on the final possession, falling 61-60.

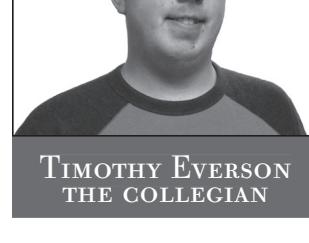
Next up for Florida are the Huskies from UConn. The last time the Gators lost a game was December 2nd, against those same UConn Huskies. It took a game-winning buzzer-beater by Husky senior Shabazz Napier. If the Gators can get by UConn, they will play either Kentucky or Bo Ryan's Wisconsin squad. Wisconsin is the only other team to beat Florida this season. So clearly two of the three teams left in the tournament, excluding Kentucky, knows what it takes to hand the Gators a loss. But will either of them be able to do it?

This Florida team starts four seniors. That senior class had been to three consecutive Elite Eights before finally getting over the hump this season. Now that they have gotten over the hump, they know what it takes to get the job done. I believe that Kentucky will pose the biggest threat to Florida, if they were to meet in the championship game. But at this point, fortune has to favor the most consistent team, considering the NCAA tournament is the ultimate test for consistency.

John Zetmeir is a junior in journalism. Please send comments to sports@kstatecollegian.com



Don't call them underdogs: UK Wildcats poised to win Title



TIMOTHY EVERSON
THE COLLEGIAN

Every season of college basketball seeks to answer questions about the sport and its history that have been left unanswered, each question leading to a new story that will go down in the annals of college basketball history to be told generation to generation. This season, the question that is being answered before our very eyes is this: When is an underdog no longer a underdog?

John Calipari's Kentucky team has had its share of critics throughout the season. Some of the criticism stemmed from the lackluster 2012-2013 season which saw Kentucky finishing their season with a loss in the first round of the NIT to Robert Morris. Calipari's recruiting strategy was beginning to be severely scrutinized. People were starting to ask, Is the one-and-done model sustainable for a college basketball team?

Kentucky began the 2013-2014 season as the number one ranked team in preseason polls. In Lexington, "40-0" t-shirts were being printed. More pressure began to mount.

Kentucky once again failed to live up to

the nation's expectations or their own as they went through non-conference with their only ranked victory over in-state rival Louisville. They meandered their way through a below-mediocre SEC conference getting swept by Arkansas and Florida and losing on the road to a pitiful South Carolina team.

After losing by 19 on the road against Florida in the final game of the regular season, something seemed to click. They shredded their way through the first two games of the SEC tournament, winning both by more than double digits and then missed out on winning the SEC tournament crown by one point as it fell again to Florida.

Later that week Selection Sunday rolled around, in which Kentucky found themselves in easily the most daunting region of the tournament. A region that included three out of the four final four teams from the year before, including the defending champion and runner-up.

The first weekend alone showed that Kentucky was up against a murderous row of opponents. After beating an undersized but feisty K-State team, they took on a role not taken by Kentucky in the NCAA tournament in quite some time: the David to Wichita State's Goliath.

Kentucky, led by freshman forward Julius Randle and twin guards Aaron and Andrew Harrison, squeaked by the Shockers in what some considered to be one of the best games in the tournament thus far.

Louisville was next for Kentucky. Louisville was the sleeper pick to return to the Final

CONTINUED ON PAGE 5, "KENTUCKY"

Interactive children's museum set to reopen, offer unique experience

By SOM KANDLUR
THE COLLEGIAN

The Wonder Workshop, located on 506 S. 4th St. in Manhattan, once housed an interactive and educational museum for youngsters. The Children's Museum has been closed for nearly a decade, but now Manhattan citizens will have the opportunity to be patrons of the touchable galleries once more. Next week, the Wonder Workshop's Children Museum will reopen to the public.

Starting as an after-school program in 1989, The Wonder Workshop opened the doors to their Children's Museum to the public in 1994 and aims to encourage young children to learn through innovative programming by actually touching and playing with the exhibits on display.

"It's like any other museum where the children visit with their parents," said Richard Pitts, executive director of the Wonder Workshop. "The only exception is that, unlike most of the museums, children are allowed to touch and interact with the exhibits. They are encouraged to explore the museum and learn more about the

objects they touch."

The museum offers exhibits and programs for all ages but focuses mainly on children up to second grade. Pitts said the museum and its programs are designed to make the process of learning a more fun and hands-on experience. He said the goal of the museum is to make children want to learn as opposed to telling them to learn. This, in his opinion, makes the learning process a lot more effective.

"Children have a lot of book learning in school, but when they're able to come play and not even realize they're learning, children think it's great," Pitts said. "We want to inspire them to open up a book and learn about something they saw when they attended a program or came to the museum."

The Wonder Workshop will reopen the doors to the Children's Museum this month after closing in 2004 when financial constraints forced the school district to sell the building it was housed in. Despite the closing of the museum, the Wonder Workshop continued its after-school and in-house programs in their facility on Tuttle Creek Lake. Pitts believes that the museum and its exhibits would be extremely beneficial for the children of

Manhattan.

"For most kids, if you just ask them to come and learn about something, they will tell you that they already do that in school," Pitts said. "But if you say 'Let's go to the Wonder Workshop Children's Museum and dig for some fossils,' what kid's going to say no to that? Our idea is to cover learning up with our exhibits and help them learn in that way."

Cristina Fanning, instructor and associate director at the center for intercultural and multilingual advocacy center at the college of education, said she sends her children to the Wonder Workshop because it allows them to experience learning in a hands-on and comfortable environment.

"You can just see their eyes light up," Fanning said. "They don't just read about using recycled materials to use a flashlight, they actually do it and learn the process of what goes into creating something out of things that already exist. The children are learning a lot of fundamentals but there's no pressure on them. They're just doing it for the joy of learning and there's just something magical about that."

The Wonder Workshop recently started a campaign ac-

cepting donations through the fundraising website gofundme.com. The aim of the campaign is to raise \$25,000 to support

fresh for our kids so we need to change things out quite a bit," Pitts said. "We want to constantly rotate our exhibits at

ies. We think that our children should have a children's museum just like the large cities do."

Andrew Kipp, senior in chemistry and secondary education, said that programs such as the ones by the Wonder Workshop help students make real world connections with the things they interact with, which helps them inside the classroom as well.

"When students have those experiences the teachers can recognize them and it allows them to encourage the students to learn more," Kipp said. "It's a great way to build a foundation which can be developed for the children to be successful."

Fanning, who is a member of the Board of the Children's Museum, said that as an educator herself, she strongly believes that fine arts should be fostered in young children as much as science, math and reading. The Wonder Workshop enables her children to focus on those outside the classroom and the fun environment leads to a deeper understanding and a better learning experience.

The Wonder Workshop Children's Museum is scheduled for its grand reopening on April 12, open then from 10 a.m. to 3 p.m.

"You can just see their eyes light up. They're learning a lot of fundamentals but there's not a lot of pressure on them to actually get it done. They don't just read about using recycled materials to use a flashlight, they actually do it and learn the process of what goes into creating something out of things that already exist. They're just doing it for the joy of learning and there's just something magical about that."

CHRISTINA FANNING

BOARD MEMBER FOR THE WONDER WORKSHOP

the exhibits housed in Children's Museum.

Pitts said that although the Wonder Workshop does not receive any financial assistance or funding from the city, state or federal government, they want to bring exhibits that are fun and educational to the children in Manhattan.

"We want to keep things

least twice a year. In order to do that, we need money."

Pitts said that the money collected through the fundraising campaign would go directly towards bringing in new exhibits, developing the programs offered and running the museum.

"We live in a small town," Pitts said, "A lot of the big children's museums are in large cit-

BRIEFS | Series of powerful earthquakes devastate Chile

CONTINUED FROM PAGE 1

Facebook page dedicated to bullying shut down

A Facebook page named 'Salina Confession,' dedicated to name calling, threats and suicide encouragement, was shut down earlier this week.

According to Eyewitness News 12, dozens of people contacted Facebook to ask for the page to be removed. According to Facebook's Community Standards, content that contains material such as violence, threats, bullying and harassment and hate speech is not allowed.

Eyewitness News' FactFinders 12 Investigators team contacted Facebook after learning about its existence; the page was taken down approximately an hour later.

According to Eyewitness News, the Salina school administrators declined as interview because it was a "student discipline" issue.

KU Professor suspended for tweeting to return

David Guth, the Kansas University professor who was suspended after his controversial tweet about the Navy Yard shooting in September 2013, has announced that he will return to the university in the fall.

Guth will return from a seven month paid leave, which, he claims, had been in "the works since 2012."

The social media incident brought to light the Kansas Board of Regent's lack of social media policy. Since then, the board has assembled a work group of fac-

ulty and staff from the six state universities, including K-State, to study the issue. They expect to make final recommendations in April.

Guth is expected to teach History of Journalism and Mass Communications and Message Development within the William Allen White School of Journalism and Mass Communications.

Major earthquake rocks Chile, causes tsunami

Late Tuesday evening, an 8.2-magnitude earthquake hit off the coast of northern Chile. It triggered small landslides and generated a tsunami.

Four men and a woman died; two suffered heart attacks and three were crushed. Approximately 300 prisoners escaped from a prison in Iquique after the natural

disaster.

Following the earthquake, the Chilean National Emergency Office asked residents to evacuate the area. Many areas continued to experience aftershocks and downed power lines among other destruction.

The earthquake triggered a tsunami that resulted in 6-foot waves on the coast of Pisagua. Iquique was also hit by 7-foot waves. The Pacific Tsunami Warning Center issued several tsunami warnings, but canceled them by early Wednesday.

Chile is on the "ring of fire," an arc of volcanoes and fault lines in the Pacific Basin that is prone to earthquakes. A 6.7-magnitude earthquake hit 37 miles west-northwest of Iquique on March 16, followed by a 6.1-magnitude earthquake in the same place a week later.

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Pretend like you're taking notes and do the SUDOKU

thecollegian

KENTUCKY | Wildcats have talent, underrated as champion competitors

CONTINUED FROM PAGE 4

Four, but Kentucky survived the Cardinals and advanced to take on Michigan.

The match-up against the Wolverines was everything anyone could ask for. With seconds dwindling down in regulation, Kentucky's guard Aaron Harrison drilled a three-pointer with Michigan guard Caris LeVert right in his grill to punch the Wildcats' ticket to Jerryworld and the Final Four.

Bo Ryan's Wisconsin Badgers and either conference

rival Florida or the upstart UConn Huskies await this Kentucky team. Wisconsin, while experienced, is still offensively challenged at times and with Kentucky, they aren't going to be able to assert themselves down low as they've done with smaller, less talented teams.

Florida has the talent, experience and the sheer will to outlast guard Shabazz Napier and the rest of the UConn team. That leaves the Gators to take on the Wildcats in the fourth match-up of the season. Kentucky almost got the third game, and

with their new battle-hardened experience, they will knock off the overall number one seed to make it nine total NCAA championships.

The fact of the matter is that this team stopped becoming an underdog when it wanted to, and it's shown in the preceding weeks that they're not here to be Cinderella. They're here to be the king.

Timothy Everson is a sophomore in journalism. Please send comments to sports@kstatecollegian.com

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Bulletin Board

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Announcements

THE EASTER Bunny, presented by the K-State Federal Credit Union, arrives to Manhattan Town Center Friday April 11 at 10:00 am. Kids of all ages can visit the magical spring garden in Center Court and have their pictures taken with the Easter Bunny through April 19. The schedule for Bunny photos is as follows: Monday-Saturday 10 am-8 pm. Sunday 12-6 pm.

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Housing/Real Estate

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Don't be deceived: Four 'healthy' foods high in sugar



JAKKI FORESTER
THE COLLEGIAN

With our society moving toward healthier food options and more exercise, some may not actually read the nutrition facts when choosing what to eat, instead opting to pick foods based on whether or not they appear healthier than others.

What some might not see, if not checking nutrition facts labels, is that many alternatives that are considered healthier actually have more sugar than their "less healthy" counterparts. Here is a list of a few "healthier" alternatives that have more sugar than "less healthy" foods.

1. Odwalla Original Superfood Drink

This brand is known for having healthier alternatives, as well as offering multiple servings of fruit in each bottle. However, the beverage, which has a serving size of one 12 fl. oz. bottle, has 37 grams of sugar, which is more than a regular Snickers bar, which has 27 grams.

So, although Odwalla Original Superfood Drink is coming along with many vitamins and minerals, it is also being consumed with a large amount of sugar. Even though the sugar in the beverage is naturally found in the fruits, those natural sugars can counter the healthier aspects.

2. Vitamin Water Power-C

Vitamin Water has been under fire over the past few years for containing more sugar than other flavored sports water options. Vitamin Water Power-C, specifically,



WIKIMEDIA COMMONS

If avoiding sugar is a main goal of your new diet, be careful to read nutrition labels on your food. Many products claiming, even advertising as a healthy option may be higher in sugar content than your regular snack. While sugar is not the only thing to consider in a healthy diet, being attentive to sugar content and serving portions is key to striking a successful food balance.

has more sugar in it than a Snickers candy bar. As previously mentioned, a Snickers candy bar has 27 grams of sugar - Vitamin Water Power-C has 32. What was once considered an athlete-friendly beverage is now being considered unhealthy due to its high sugar content. This problem could be solved with a sugar substitute, but that could cause another whirlwind of artificial sweeteners.

3. Yoplait Light Yogurt

Yogurt is thought to be the pinnacle of eating healthy. But Yoplait light yogurt actually contains as much or more sugar than an original glazed Krispy

Kreme donut. Yoplait light yogurt contains 10 to 14 grams of sugar, where an original glazed Krispy Kreme donut only contains 10 grams of sugar.

Donuts are typically considered to be one of the first things to be removed from a dieter's food choices when beginning to eat healthier. But, it is important to consider what is being substituted in place of that donut.

4. Grande Starbucks Latte

That's right, even Starbucks has made the list of food or beverages thought to have less sugar than unhealthy alternatives, but

actually don't. A grande Starbucks latte contains 17 grams of sugar, whereas an original glazed Krispy Kreme donut, again, only contains 10 grams.

Starbucks has seemingly been slipping through the cracks of having high amounts of sugar. One might want to check what they're consuming before hitting the drive-through next time.

Just because these four items are listed here doesn't mean other foods or beverages are in the clear.

Another example of a beverage with high amounts of sugar includes Mott's original apple juice at 28 grams of sugar per 8 fl. oz. serving and a 12 oz. can of original Coca-Cola yielding 39

grams of sugar. Both are consumed, yet only one is thought to be unhealthy.

People need to be conscientious about what is being putting into their bodies. Though things might be labeled or perceived as healthy, they may have unhealthy consequences.

The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.

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